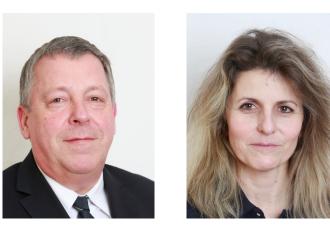
# CREW CAPTAIN & TEAM MANAGER MEETING



### **Thursday 31 August**

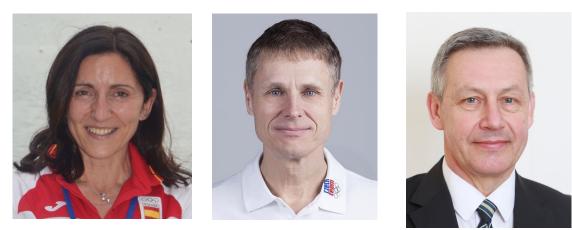
# Introduction

#### **Annamarie Phelps (European Rowing President)**



Vice-President: F Board Members: F Asu

Patrick Rombaut Eva Szanto Asuncion Loriente Neville Tanzer Dušan Macháček Algirdas Raslanas

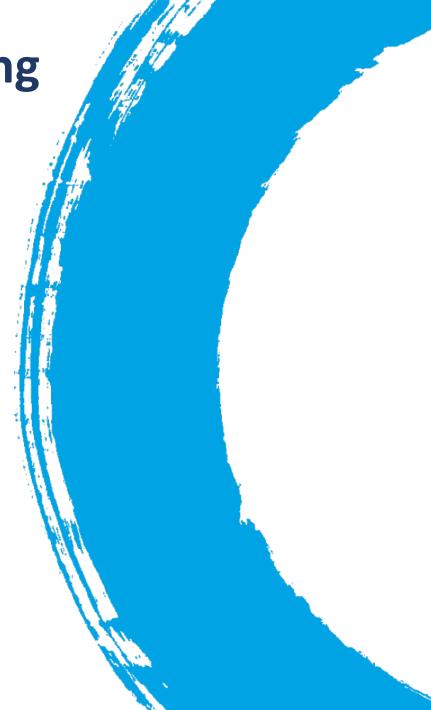






# **Key Regatta Roles – European Rowing**

Technical Delegate President of the Jury Event Safeguarding Officer Umpiring Commission Katharina von Kodolitsch Jérôme Mouly Asunción Loriente Perez Gabrielle Isenshmid Weber Morten Juel Hansen Luca Zacchigna



# **Key Regatta Roles – Organising Committee**

- President Michel Coulomb
- Vice President Marion Pestourie
- Vice President Delphine Grison
- Secretary Bruno Mondesert
- Treasurer Jean-Paul Falaise
- French Rowing Federation Coordinator Yvonig Foucaud
- OC Safeguarding Officer Helene Gigleux
- Safety Officer Olivier Giraud
- Head of NTOs Laurent Garnier

# **ENDURANCE RACES**

### **IMPORTANT**

### PLEASE ENCOURAGE EVERYONE TO JOIN TM WHATS APP GROUP - ALL INFO PUBLISHED THERE

Crew Captains responsibility – read the rules Progression System – as World Rowing rules, published on WhatsApp group and website Draw – random selection to heats to computer Start Lists – WhatsApp group and website published after the draw

**Times of races** – may change due to weather etc, but general schedule remains fixed: keep checking WhatsApp **Regulations** – Boat & Cox weighing scales on beach; random testing (Coastal Endurance)



### **SAFETY** - Hazards

In case of sudden adverse conditions Safety Marshall's will direct crews

No drones may be used in this area

Be careful marshalling before the start – priority for crews racing.

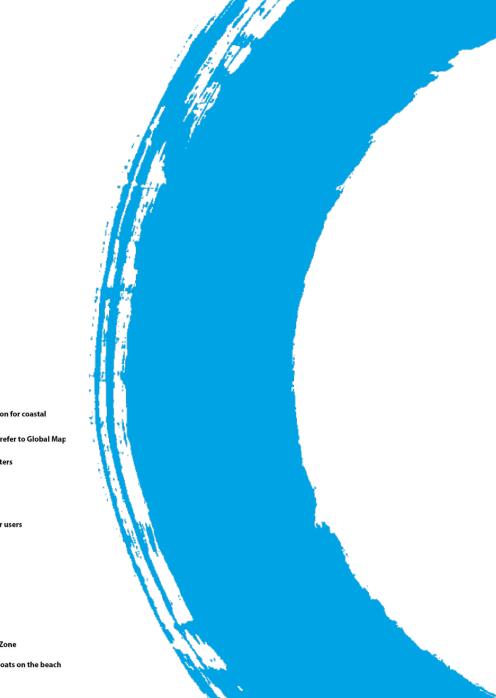


### **CONTROL COMMISSION**

**Cox weigh in:** 2 hrs - 1 hr before the race

Boat weighing: on beach, random tests



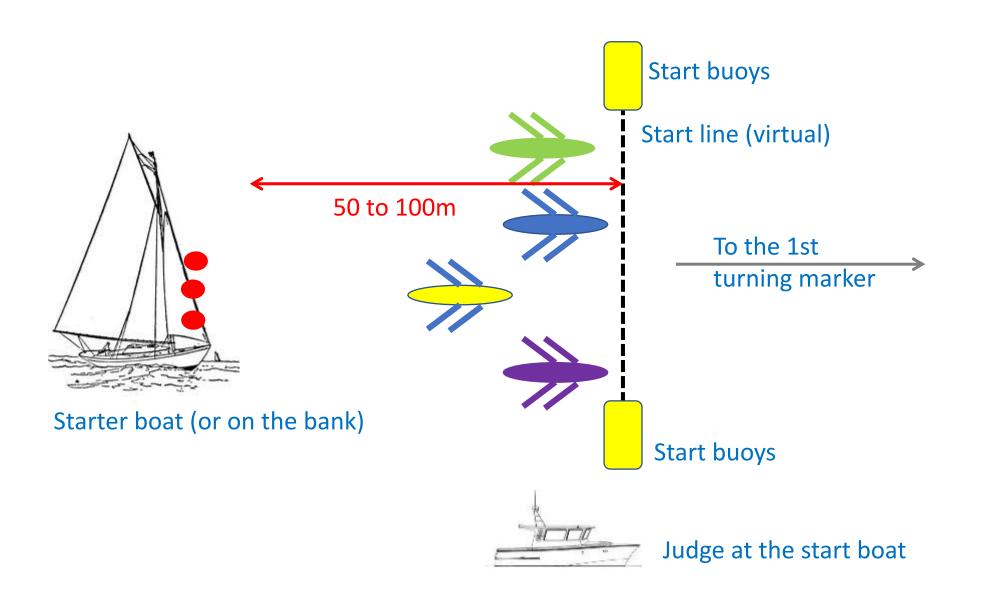


The numbers on the boat are not used for timing and results

It is important that your crew ID is clearly displayed and that your boat tobler.one is attached



## Start



#### Starter and starter team

- Start procedure lasts 3 minutes: The Starter starts the race at the exact time of the racing schedule and is not allowed to anticipate the start.
- > The start procedure is in 4 phases:
  - 3 minutes before the start
  - 2 minutes before the start
  - 1 minutes before the start
  - START

Ex: If the C1WX is starting at 10:00 on the program, the start procedure will begin at 09:57.

### Starter and starter team Start procedure

#### 3 minutes before the start:

- Starter team hoist the 3 balls The 3 minutes start when first ball start to move
- 3 small blasts with hooter

#### 2 minutes before the start

- Starter team drop one ball
- 2 small blasts with hooter

#### 1 minute before the start

- Starter team drop another ball
- 1 small blast with hooter

#### Start time

- Starter team drop the last ball
- 1 long blast with hooter

# Start installation will be on the boat on the water

**Start procedure in pictures** 



**3 Minutes** 

**1 Minute** 

### Rowers and boats at the start

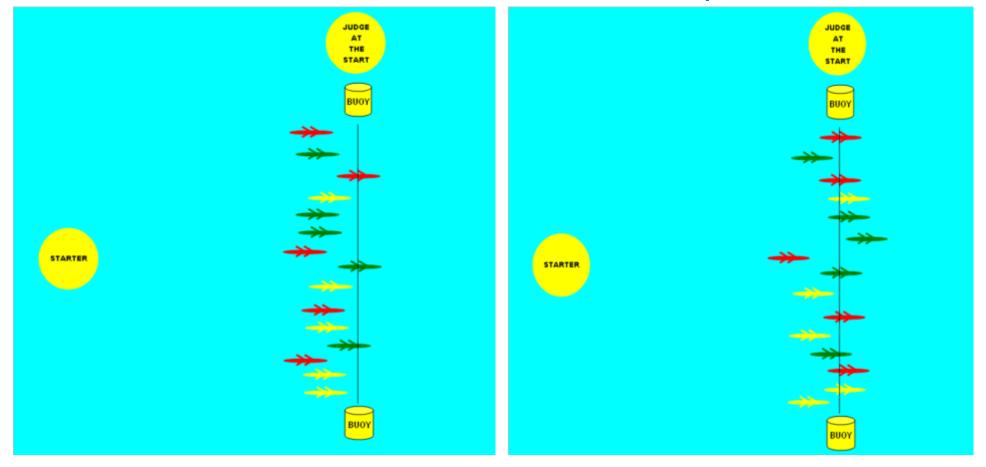


Rowers can position their boats where they want. However, they must stay behind the start line.

Judge at the start **is not obliged** to instruct crews to go back behind the line. (App R18 art. 24)

### False start - general principle Individual False Start





### False start

### (App R18 art. 25)

A false start is committed when a boat crosses the start line before the start command is given

#### Individual false start:

If the Judge at Start can clearly identify the crews who committed the false start.
Judge at Start let the race continue and <u>inform the Starter to raise 1 ball</u>
Inform by radio the Penalty Umpire and Judge at the Finish of Crew ID(s) having a 2mn penalty

#### Multiple false start

The Judge at Start cannot identify the crews committing the false start\*
Judge at Start raises his/her red flag to the Starter to stop the race
Ensure that the Starter get information and that he/she begins the false start
procedure with flag and repeated short blasts on the hooter.

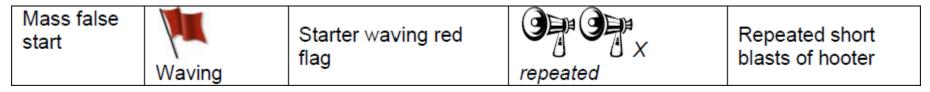
\*Exception: If the multiple false start is due to difficult weather conditions without creating unfair situation, Judge at Start may let the race continue. App R18 art.25)d)ii)





### False start

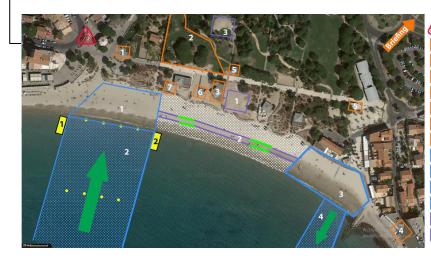
- Procedure
  - In case of multiple false start requiring stopping the race according to the decision of the Judge at the start
    - Starter is waiving with the red flag
    - Starter team member is repeating as long as needed short blast with the hooter.

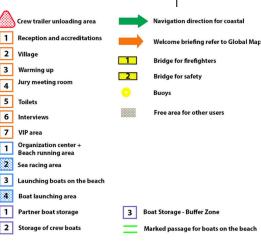


- > To help, Umpire on the water may relay information with megaphones and red flag
- As soon as all boats are in the vicinity of the start area, starter may start again the 3 minutes start procedure, in accordance with the president of the Jury for the new start time.
- > There is no red card (exclusion) due to second offense

# Penalty Box

- On the beach
- Indication by Penalty Box Umpire
- Control and release by Penalty Box Umpire







# Important

- It is important to get your highest ranking in the Heats as possible.
- In the case of bad weather one of the options open to the Race Officials is to reduce the number of boats in the final.
- Please note that there is no spare/reserve day.



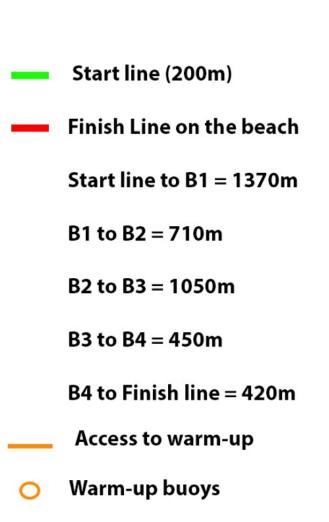
# Important

- There may be doping control, cox & boat weighing.
- Please check everything in your hire boat before you race.
- Please do NOT throw water bottles into the sea!



### 4KM COURSE - HEATS



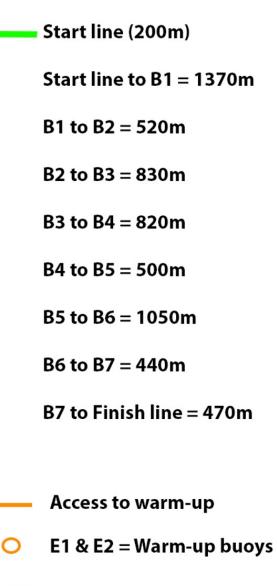




Warm-up navigation direction

#### **6KM COURSE - FINALS**

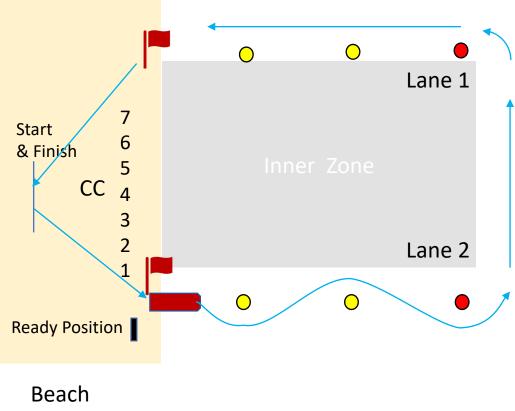




Warm-up navigation direction

# **BEACH SPRINTS**

# Processional Time Trial



#### THE COURSE

#### Run of 10-50m/ Row of 560m / Run of 10-50m

1. One of the crew will run from the start line, to the boat on the water in Lane 2 and enter the boat.

2. The crew will race 250m out to the end buoy, passing outside the 1<sup>st</sup> buoy slalom inside the 2<sup>nd</sup> buoy.

3. At the end of Lane 2 (green), the crew will turn 90 degrees, passing outside the buoy, and row 60m to the Lane 1 end buoy and turn 90

degrees.

4. At the Lane 1 (red) end buoy, the crew will again turn 90 degrees toward the beach, passing outside the buoy.

5. The crew will row 250m straight back to shore in Lane 1, keeping outside of all of the buoys.

6. Once on the shore one of the crew will run around the outside of the Lane Flag, up the beach to the finish line.

Note: The water area inside the Lane Flags, slalom buoys and end buoys, is termed the inner zone. This area is for crews that are being over taken, have equipment failure or are retiring from the race.

#### **Boat Preparation**

Crews in the time trial must report to Control Commission (CC) to receive their boat, immediately when it comes off the water. Each crew and their boat handlers will have 3-4 minutes to prepare their boat and move it to the ready position.

# PRE START TIMING & COMMANDS

This diagram shows the boat positioning at the start of racing

#### **3min before start**

All boats on numbered trestles (1-7), Crews (1-7) & their boat handlers standing by their boats.

Crews 8,9, 10 etc.. should be waiting to report to Control Control (CC)with their oars and boat handlers. CC will inform each crew which empty trestle they should go to. It is each crew's responsibility to be ready. Once ready Boat 1 should go to the 'Ready' position, here they are under the control of the Starter. CC will the feed the boats to the Ready Position as soon as it is free.

#### 30's before start

Starter will instruct '*Crew 1 take your boat to the water*'. Runner must be behind the start line.

#### Start time

Starter will say 'Attention' 'GO!'

#### 30's after first start

Starter will instruct '*Crew 2 take your boat to the water*'. Runner must be behind the start line.

### 5

3

#### Start time (60s)

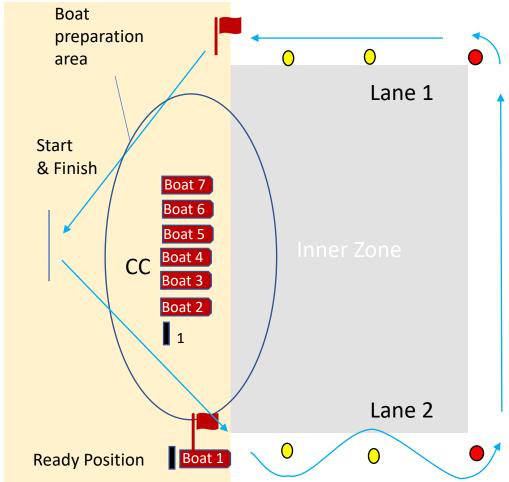
#### Starter will say 'Attention' 'GO!'

This will be repeated until all crews have raced.

Crew 8 will use Boat 1, Crew 9 will use Boat 2, Crew 10 will use Boat 3 etc...

If a boat is damaged, crews will instructed to take the next available boat.

#### 7 boats/ 60sec race intervals



# DURING RACING - BOAT PREPARATION

This diagram shows the boat positioning during racing

#### **Boat Preparation**

-1	

Crews finishing must exit the boat immediately after they finish (and remove their oars), with the help of their boat handlers.



The OC boat helpers will carry boat to its numbered trestle. The outgoing boat handlers are expected to assist.



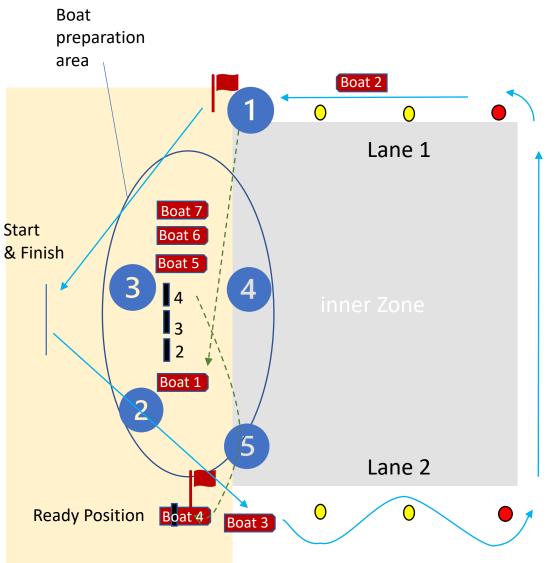
It is the responsibility of the crew, to prepare their boat, and to check for any damage. The Control Commission marshal will check they have the correct boat.



The crew have approximately 3-4 minutes to prepare the boat. Once ready they will move their boat to the 'Ready position' trestle. From here they are under the control of the Starter.

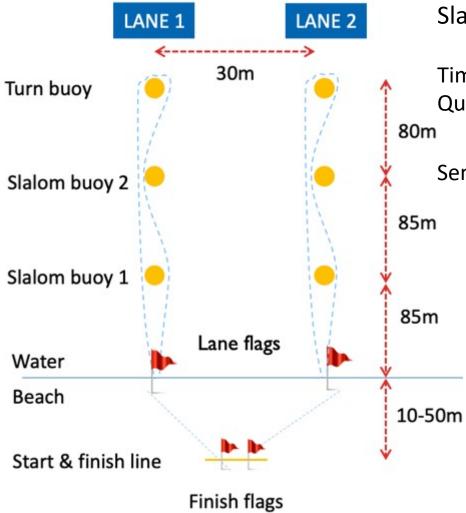
5

One minute before their start time the crew need to be on the Ready Position and be under the Starters orders. As soon as the previous boat has started, the Starter will instruct them to take their boat to the water. Any crew delaying without good reason will risk the race starting without them, in which case their time will be taken when the Starter say 'GO!'.



7 boats/ 60sec race intervals

### SIDE-BY-SIDE RACING



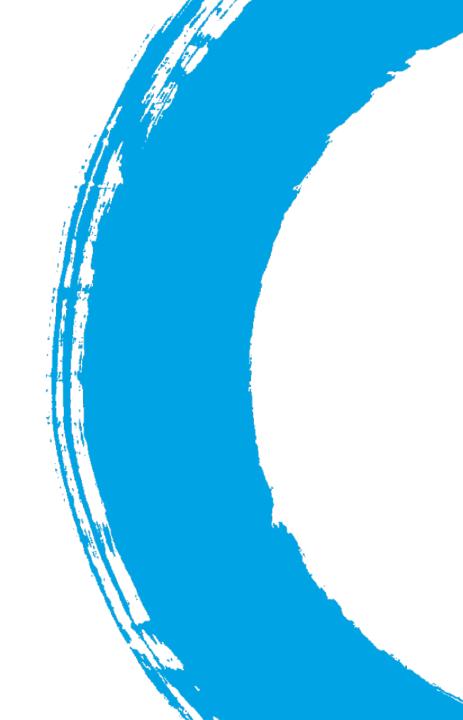
Slalom out row straight back

Time trials and knock - out heats and Quarterfinals = 5 minutes between races, m

Semi finals = 7 minutes between races

### START PROCEDURE

- The boats shall be in the water held by crew members (except solo (C1x)). There shall be up to two boat handlers per boat.
- All rowers (except the runner of each crew) must be standing in the water next to their boat.
- Rowers must not start boarding their boat until after the start signal is given.
- One rower from each crew shall be the runner it can be a different runner at the start and at the finish.



### START PROCEDURE

#### 3 Minutes before the start

•All crews in the Start area

•The Starter may penalise crews who are late to the start

### **2.45** minutes to **1.45** minutes before the start

- Crews are introduced to the spectators by the Announcer
- Crews than move to their start positions (on the Start Line or at the boat)

#### 1 minute before the start

• The Announcer shall say 'Put the boats in the water' – all crews and boats must be in position

### 30 second before the start

• The starter shall say 'get ready' – then the Starter could start the race at any time

#### The start

• The Starter shall say 'Attention' and shall raise a red flag. After a pause he shall drop the flag down, and hooter.



# **Choosing your lanes**

### **Time Trials**

Random draw start order.

### **Knock out races**

The crew with the fastest time or ranking from the previous round shall choose which lane to use. The other crew shall use the other lane.

The crew shall inform the Jury Delegate at the table behind the finish which lane they choose, no later than **10 minutes** before the start of the race or as soon as possible. The fastest crew shall choose their lane, but do not have selection of boat.



# 'Results and Lane Selection Trees'

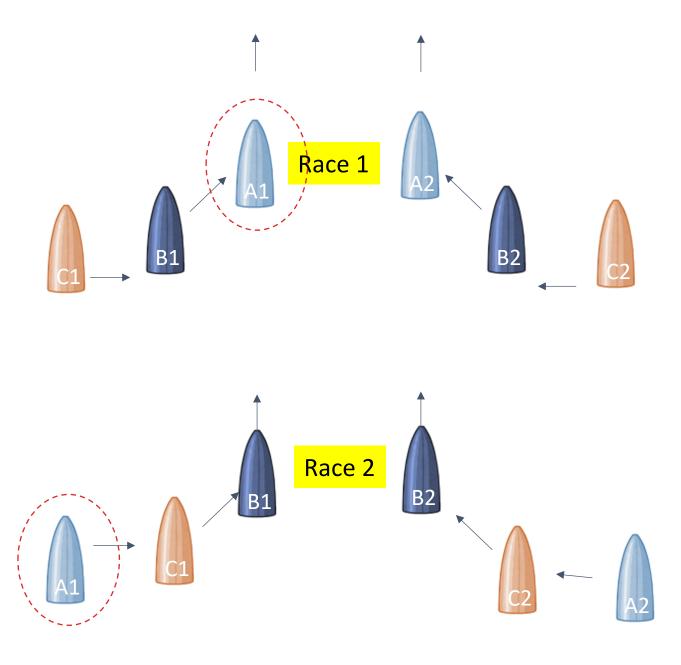
For side-by-side races crews' times will be displayed on the Results Tree at the Jury Delegate Table behind the Start/Finish arch to allow crews to determine which crew has the fastest time in the previous round.



# **Boat Handlers**

- Each crew shall have up to <u>TWO</u> boat handlers. The POJ may decide to allow more if the conditions require this.
- The boat handlers for each crew should wear matched uniforms or a bib that comply with the Rules in respect of identifications, and are clearly distinguishable from the crew
- The boat handlers shall wear the European Rowing bib which can be collected from the control commission. Please ensure that they are returned after each race. <u>ONLY SATURDAY AND</u> <u>SUNDAY</u>
- OC boat helpers they are there to support the crew after the runner has left the boat, they are not there to catch the boat for you. You must move the boat off the water.





### Pool Boat ROTATION

- Each pool boat is matched in pairs, this is signalled by a letter A, B, C etc...
- Each pool boat is then allocated to a lane – either Lane 1 or 2.
- The labelling will look like this:
  - Lane 1 -> A1, B1, C1 etc...
  - Lane 2 -> A2, B2, C2 etc..
- Boats will be rotated and boats with the same letters will race against each other.

## **Coastal Standard Rig**

### WORLD ROWING STANDARD RIG

		Tolerance
Span	160cm	± 1cm
Gate height	c18cm or max	
Ht. diff.	Bowside 1 cm lower	± 0.5cm

### The pool boats have a standard rig

### Crews are <u>not</u> allowed to change – span, pitch, gate height, or stretcher angle.

Crew ARE allowed to adjust the foot stretcher and to bring blades and seat pads.

### Solos and Doubles

- Stroke = maximum height
- Bow = low height

### **DO NOT CHANGE THE HEIGHTS!**

# **Progression System**

ERCBSC Progression System is published on World Rowing website event page. Full details will be transmitted (again) via Whatsapp group



# PROVISIONAL TIMETABLE



Made	aday 20 August	Thursday 24 August	Friday		August 2023	ay 2 September	Sunday 3 Se	et o milion	
Wednesday 30 August     Thusday 31 August       Sunrise :6:59 Sunset: 20:14     Sunrise: 7:00 Sunset: 20:12				Friday 1 September Sunrise: 7:01 Sunset: 20:10		7:02 Sunset: 20:09	Sunday 3 Se Sunrise: 7:04 Su		
Surinse .0.09 Surise. 20.14			ananananananan uru a a ananananan			BE ON A TRANSPORT -TRACE S	concerning and the state of the		
			ENDURANCE RACES		ENDURANCE RACES		BEACH SPRINT		
			Course Inspection 07:00		Course Inspection 07:00		Course Inspection 07:30		
	10:00 - 11:00 hrs	09:00 - 17:00 hrs	ENDURANCE HEATS		ENDURANCE FINALS		BEACH SPRINT - R2		
	Rescue	Official Training	08:00	MCW1x - H1				TA CJM1x & TB CMix2X	
	Rehearsal	&	08:30		08:00	CCM2x			
		Accreditation	09:00	MCW1x - H2	08:30	CCM1x	R2 Track A & B 8:30-11:30	TA CW1X & TB CJMix2X	
1			09:30			cal Break 4k to 6k	8.30-11.30	TD CJIVILAZA	
			10:00	MCM1x - H1		RANCE FINALS A		TA CM1X	
	12:00 - 17:30 hrs		10:30	CCM2x - H1	09:20	CCM2x			
	Official	09:00 - 14:00 hrs	11:00	MCM1x - H2	10:00	CCW1x	11:30	Lunch Break	
	Training	Crew Registration	11:30	CCM2x - H2	10:40	MCMix2x	(2 TRACKS	A & B)	
			12:30	CCM1x - H1	11:20	CCM1x			
			13:30	CCM1x - H2	11 - 11 - 12 - 12 - 12 - 12 - 12 - 12 -	0 Victory Ceremonies	12:30 - 13:45 TA	CJM1x	
				NCE FINALS B		Endurance	12:35 - 13:50 TB	CMix2X	
	10:00 - 18:00 hrs	10:00 hrs (TBC)	14:30	MCW1x	13:10	Lunch Break	14:00 - 15:15 TA	CW1X	
	Accreditation	Technical Race	15:00		12:30-14:00	Technical Break - BS	14:05 - 15:20 TB	CJMix2X	
	&	Rehearsal	15:30	MCM1x	BEACH SPRINT		15:30 - 16:45 TA	CM1X	
	Crew			Technical Break 4k to 6k BEACH SPRINT PR. TIME TRIALS		15:35 - 16:50 TB	CJW1x		
	Registration		ENDURA	NCE FINALS A		CJM1x			
			16:00	CCW2x		CJW1x	17:30 Victory Ce	eremonies BS	
		16:00 hrs	16:40	CCM4x+	PTT - 1	CM1x			
Provi	Provisional Entries Jury Meeting		17:10 MCW1x		14:00 - 15:47 CW1x		Provisional Beach Sprint		
Event	#		17:50	CCMix2x		CJMix2x	Entrie	es	
	ber Federation Endurance		18:30	CCW4x+		CMix2x	Event	#	
VCM1x	22		19:10	MCM1x	15:47 - 16:03	Technical Break	CM1x	18	
VCW1x	22	17:00 hrs			PTT - 2		CW1x	15	
1CMix2x	13	Team Manager &	BS Training a	t the Lazaret only	16:03-16:12	CM1x	CMix2x	15	
Clu	b Endurance	Captains Meeting	Offic	ial Beach			CJM1x	11	
CCM1x	24		Sprint Training				CJW1x	8	
CCW1x	10						CJMix2x	11	
CCM2x	21								
CCW2x	14	18:30 hrs							
CMix2x	19	Opening							
CCM4x+	16	Ceremony							
CCW4x+	14	, , , , , , , , , , , , , , , , , , ,							
enue Ope									
ednesday	y: 10:00 - 18:00 hrs								
	)9:00 - 20:00 hrs )0 -20:00 hrs								
day: 07.0									

\*) alternative BS training at the lazaret only on Friday!

# VICTORY CEREMONIES

### VICTORY CEREMONIES

- Victory Ceremonies will take place in the Athlete Village
- Endurance Saturday 2 September, 12:00
- Beach Sprints Sunday 3 September, 17:30
- Top 3 crews for each event to attend
- Federation's medals for Beach Sprints and National Team Coastal events Federation representative should attend presentation

# **Logistics Reminder**

After training and racing return boats immediately - do not leave on beach

Departure from Captains meeting with band 6.15pm

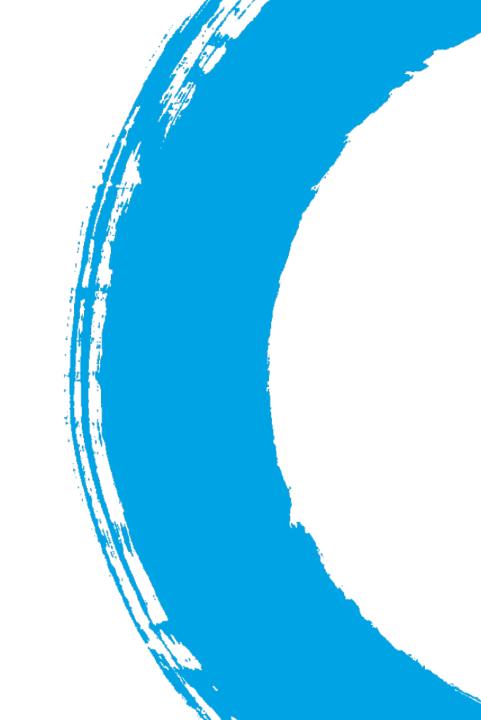
Opening ceremony @ 6.30pm

Drinking water

Public toilets

Music every day after racing at 'village'

Survey



# **Weather Forecast**

Friday, 1 Sept

Saturday, 2 Sept

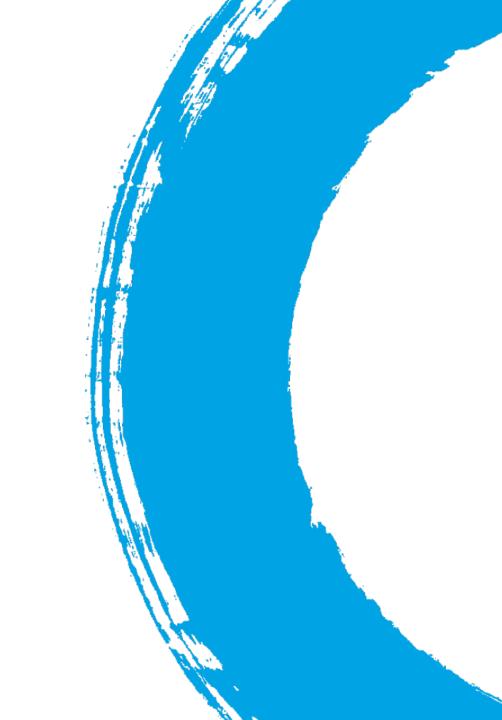
Sunday, 3 Sept

The weather forecast will be shared each day at 07:00 AM to the WhatsApp group.

							1				
SFR 4G	16:02	7 49 %		II SFR 4G	16:03	7 49 % 🗖	SFR 4G	16:03	7 49 % 🗖		
Chercher	La Seyne-sur-Mer Prévision	) ۵	<b>^</b>	Chercher	La Seyne-sur-Mer Prévision		Chercher	La Seyne-sur-Mer Prévision	₾ ₾		
	• • •				• • •			• • •			
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02h ► 4nd 273° max6n			∖⊿ 0,4m	7nd	21°C	⊿ 0,3m ച	U/n	nd 🔊 22°C v x8nd 1021hPa	▼ 0,6m ⊔ <sup>5s</sup> 0,4n		
05h <b>A</b> 2nd 180° max3nd			→ 04:23 0,3m	02n 84° max8r	nd 1019hPa	3s 0,4m	05h 🕨 6i	nd synd 22°C	⊳ 0,7m 05:30		
<sub>08h</sub> 🔫 3nd	21°C 3	v ₩ 0,5m	7	05h 4 7nd 83° max10	nd 1018hPa	A 0,211 05:00 2s 0,3m		nd 👝 22°C	<sup>6s</sup> 0,3n ⊳ 0,8m ↗		
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# Athlete Information for Commentary





# DRAW

*The draw will be published on the WhatsApp Group.* 



# **QUESTIONS?**

The notes of this meeting will be sent to the Team Manager /Crew Captain WhatsApp Group.

